



Calendar & Notes



Appointments

Bring this Care Binder with you to your next appointment to help you remember the questions you want to ask. If you know that the appointment will be stressful, consider bringing someone with you to help take notes. Or, ask if you can use your cell phone to record the discussion. Then, you can listen to the recording later and remember what was said.

Date	Time	Doctor/Provider	Child	Questions	Answers

QUESTIONS TO ASK: Test Results • School Forms • Prescriptions • Next Appointment • Concerns • Family Needs • Symptoms • Referrals • Care Plan • Side Effects • Insurance • Other Dr.'s Reports



IDEA: The AHRQ Question Builder App helps patients prepare for medical visits so they get the most from their appointments. Users can choose or customize questions they want to ask at their appointment.





Appointments

Bring this Care Binder with you to your next appointment to help you remember the questions you want to ask. If you know that the appointment will be stressful, consider bringing someone with you to help take notes. Or, ask if you can use your cell phone to record the discussion. Then, you can listen to the recording later and remember what was said.

Date	Time	Doctor/Provider	Child	Questions	Answers

QUESTIONS TO ASK: Test Results • School Forms • Prescriptions • Next Appointment • Concerns • Family Needs • Symptoms • Referrals • Care Plan • Side Effects • Insurance • Other Dr.'s Reports



IDEA: The AHRQ Question Builder App helps patients prepare for medical visits so they get the most from their appointments. Users can choose or customize questions they want to ask at their appointment.





Appointments

Bring this Care Binder with you to your next appointment to help you remember the questions you want to ask. If you know that the appointment will be stressful, consider bringing someone with you to help take notes. Or, ask if you can use your cell phone to record the discussion. Then, you can listen to the recording later and remember what was said.

Date	Time	Doctor/Provider	Child	Questions	Answers

QUESTIONS TO ASK: Test Results • School Forms • Prescriptions • Next Appointment • Concerns • Family Needs • Symptoms • Referrals • Care Plan • Side Effects • Insurance • Other Dr.'s Reports



IDEA: The AHRQ Question Builder App helps patients prepare for medical visits so they get the most from their appointments. Users can choose or customize questions they want to ask at their appointment.





Appointments

Bring this Care Binder with you to your next appointment to help you remember the questions you want to ask. If you know that the appointment will be stressful, consider bringing someone with you to help take notes. Or, ask if you can use your cell phone to record the discussion. Then, you can listen to the recording later and remember what was said.

Date	Time	Doctor/Provider	Child	Questions	Answers

QUESTIONS TO ASK: Test Results • School Forms • Prescriptions • Next Appointment • Concerns • Family Needs • Symptoms • Referrals • Care Plan • Side Effects • Insurance • Other Dr.'s Reports



IDEA: The AHRQ Question Builder App helps patients prepare for medical visits so they get the most from their appointments. Users can choose or customize questions they want to ask at their appointment.





Appointments

Bring this Care Binder with you to your next appointment to help you remember the questions you want to ask. If you know that the appointment will be stressful, consider bringing someone with you to help take notes. Or, ask if you can use your cell phone to record the discussion. Then, you can listen to the recording later and remember what was said.

Date	Time	Doctor/Provider	Child	Questions	Answers

QUESTIONS TO ASK: Test Results • School Forms • Prescriptions • Next Appointment • Concerns • Family Needs • Symptoms • Referrals • Care Plan • Side Effects • Insurance • Other Dr.'s Reports



IDEA: The AHRQ Question Builder App helps patients prepare for medical visits so they get the most from their appointments. Users can choose or customize questions they want to ask at their appointment.





Phone Call Notes

Date and Time	Person/ Agency	Phone Number	Child	Notes



Phone Call Notes

Date and Time	Person/ Agency	Phone Number	Child	Notes



Phone Call Notes

Date and Time	Person/ Agency	Phone Number	Child	Notes



Phone Call Notes

Date and Time	Person/ Agency	Phone Number	Child	Notes

Remember to *BREATHE*. Drink some water. Stretch and move. Hug somebody. Laugh.

You can do it!

My To-Do List	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Remember to *BREATHE*. Drink some water. Stretch and move. Hug somebody. Laugh.

You can do it!

My To-Do List	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Remember to *BREATHE*. Drink some water. Stretch and move. Hug somebody. Laugh.

You can do it!

My To-Do List	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



January 2023						
◀ December						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOTES:



February 2023						
← January						March →
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

NOTES:



March 2023						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES:



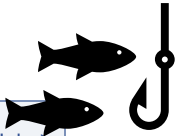
April 2023						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

NOTES:



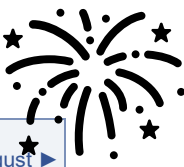
May 2023						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOTES:



June 2023						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

NOTES:



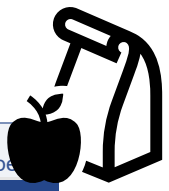
July 2023						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOTES:



August 2023						
◀ July	August 2023					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOTES:



September 2023						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOTES:



October 2023						
◀ September	October 2023					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOTES:



November 2023						
◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOTES:



December 2023						
◀ November						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOTES: